

NOTES FEBRUARY 21, 2009 GATHERING

RE: Grounding

What is it?

~ Grounding is a part of the proper balance of our spiritual and physical selves. When we feel “floaty” there is a quick method to **physically** ground ourselves. **EAT**. The heavier food you eat the more grounding that will occur. This is a wonderful way to finish a “service” meditation, or close down after a very spiritual event. **AFTER** you do so- close- spiritually.

~ Spiritual Grounding is the process of linking our spiritual energy to mother earth, to this physical plane. The only necessary process is in setting your intention, all else is up to the individual. When ever you are connecting to source you must set your intention for the highest good for yourself, source and all entities involved.

~ Absolutely every activity involving spiritual development or “work” is done in what you perceive as your mind. In actuality you will come to realize that the part of your physical self that you label the mind is actually two separate pieces of “you”. The physical part which is exactly what you have always perceived it to be, and the higher self which is the hidden part of the “mind” are the two pieces that combine to create “you”. This hidden higher self is the area where we should always attempt to work from. Until you can differentiate the two areas, how each “feels” to you and how to determine where you are working from, we just work from the entire combined “mind” place.

~ During the process of grounding, we will visualize the white light of Source flowing into our Crown Chakra, through our chakra system, into the earth where it will combine with the red energy of Mother Earth, grounding or rooting us into the core of this earth/plane.

~ Chakras are centers of energy that we each have and are able to activate and balance. They cannot be seen physically but have been a known entity for centuries and have been the focus of many alternate and Eastern treatments. We can visualize the chakras and feel the fluctuations of the flow of energy in our selves and others. There are seven Chakras each has a very specific individual color, each represents an area of our experiences, each corresponds with an area of the spinal column, closely placed near areas where many nerve endings come together, called nerve ganglia and each corresponds to the approx. location of glands of our endocrine system. **To be discussed in detail at a later time.**

~ The second phase of this process is visualizing this combined energy flowing upward into the feet, through the body to the lowest Chakra-

- First Chakra is located at the base of our spine. It is often called the Root Chakra. This energy center is connected to our primal life energy, “*kundalini*” energy, of our natures- animal nature or instincts for self preservation. There we will visualize this Chakra “lighting up” a vibrant bright red.
- Second Chakra is located opposite of the naval. It is often called the Naval Chakra. This energy center is connected to our sexuality, our desires, etc. There we will visualize this Chakra “lighting up” a vibrant orange.

- Third Chakra is located in the area of the reproductive organs. It is often called the Solar Plexus Chakra. This energy center is connected to our being, how we interact with the physical and spiritual world. There we will visualize this Chakra “lighting up” a vibrant yellow.
- Fourth Chakra is located opposite the heart. It is often called the Heart Chakra. This energy center is connected to the lovingness of our natures- how we give and receive or perceive love. There we will visualize this Chakra “lighting up” a vibrant green.
- Fifth Chakra is located at the throat. It is often called the Throat Chakra. This energy center is connected to the communication, knowledge and self expressions of our natures. There we will visualize this Chakra “lighting up” a vibrant teal/blue.
- Sixth Chakra is located at the brow. It is called the Third Eye. This energy center is said to directly connect us to all other beings through compassionate and psychic communication. There we will visualize this Chakra “lighting up” a vibrant violet/purple.
- Seventh Chakra is located at the top of the head/brain. It is called the Crown Chakra. This is our direct connection to the energy of the universe. It is connected to our devotion and identification with causes and forces beyond ourselves. This chakra is sometimes seen as violet or white.

~ For now, while developing your first meditation involving the Chakra system, it is only important to remember the general location, and the color of the Chakra. See handout...

WHY IT IS IMPORTANT!!!

Without grounding-

We spend much too much of our time NOT making conscious decisions.

We see the supernatural or spiritual in everything, missing the true messages and lessons

We lose the experience we are to have... we are meant to be experiencing this LIFE; we cannot do what we are meant to do if we are constantly in a spiritual frame of thought... We must live a physical life to complete our “jobs”.

We may lose focus, and become very self centered or selfish... thinking the world and all its happenings are somehow our OWN experience.

We can become unable to interact with others in a common physical world plane. We must be able to pass on and interact or our “work” is meaningless.

We can become haughty or ego based...

Grounding assists us in hearing and interacting with source, our guides, AND our fellow humans. It truly is similar to a telephone line or electric current. Without a ground you are likely to experience a fire that will destroy much around you and hurt yourself and others...